

- (According to some Ulama, Sajdah Sahwa is performed after the second salaam. So to be on the safe side, wait for the 2<sup>nd</sup> Salaam).

**Remember!** Always proceed through each step of Salaah immediately AFTER the Imaam (not with or before the Imaam).

#### What to recite after Salaah

1. Recite *Astaghfirullah* three/ten times.
2. Recite **Aayatul Kursi** and **Surah Ikhlās** once (glad tidings of Jannah).
3. Recite Tasbeehate Fatimi (*Subhanallah, Alhamdulillah, Allahu-Akbar*)
4. Recite 4<sup>th</sup> Kalima ten times.
5. Make Du'aa. (Don't forget the Muslim Ummah in your du'aas).

**Note:** It is best to read Tasbeehat after the sunnat prayers if there are any to be performed.

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# **SALAAH: THE CORRECT SUNNAH METHOD**

The following methods should be observed in Salaah:

#### Method pertaining Qiyaam

- Qiyaam (the standing position in salaah) should be performed by facing the qiblah upright. The head, back and legs should **not** be bent.
- The toes should also be facing the qiblah and it is mustahab that there should be a gap of four fingers between the feet. (females-feet together)
- The Takbeer-e-Tahreema (1<sup>st</sup> takbeer) of the Muqtadi (one following the Imaam) should be said immediately after the Imaam's Takbeer-e-Tahreema.  
**Note.** If the Muqtadi's Takbeer-e-Tahreema finishes before the Imaam's Takbeer-e-Tahreema then the *following* of the Imaam will **not** be correct. (Tahtawi)
- The hands should be raised up to the earlobes while the palms should face the qiblah.
- The fingers should be kept naturally i.e. neither completely open nor completely together but in their natural relaxed position.
- When folding the hands the males should form a ring around the wrist of the left hand by gripping it with the thumb and little finger.i.e. The middle three fingers of the right hand should be placed over the forearm.
- The hands should be fastened below the navel.
- During Qiyaam, the Eyes should be fixed to the spot where the Forehead would rest in Sajdah.
- Read *Thana*,
- Read *Ta'awwuz, Tasmia and Qira'at.* (For Imaam and Munfarid not muqtadi).
- Ameen should be said softly.
- Only Surah Fatihah should be read in the 3<sup>rd</sup> and 4<sup>th</sup> rakaats of Fard prayers. (For Imaam and Munfarid not muqtadi).  
Munfarid is a person reading salaah alone.

### Method pertaining Ruku

- Takbeer should be said **while** proceeding for Ruku.
- In Ruku, males should grasp their knees with their hands.i.e. Fingers should be spread while grasping the knees.
- The calves of the legs (i.e. the section from the ankles to the knees) should be kept straight.
- The head, back and waist of the males **must** be level and in a straight line.
- The arms must also be kept straight and away from the ribs.
- During Ruku, the Eyes should be fixed on the feet.
- Recite Tasbeehat.
- After rising up from Ruku (**Qauwmaah**), the head, back and legs **must** be straight and arms aside.

### Method pertaining Sajdah

- Takbeer should be said **while** proceeding for Sajdah.
- In Sajdah, first the knees should be placed on the ground. Thereafter the palms (fingers close together pointing to Qiblah). Next, the nose, and then the forehead to be placed between the hands.
- The wrist and elbows must **not** touch the ground (for males).
- The stomach should be separate from the thighs.
- The arms should be away from the ribs.
- No two limbs must touch together.(women should)
- During Sajdah the Eyes should be fixed to the spot where the nose touches the ground.
- Recite Tasbeehat.

### Method pertaining Jalsa (sitting between the two Sajdahs)

- Takbeer should be read **while** sitting up for Jalsa.
- When getting up from Sajdah first the forehead then the nose, then the palms, then the knees should be raised, and sit with **ease** between the two Sajdahs, with straight back & head.
- In Jalsa, males should straighten vertically up the right foot with toes pointing towards Qiblah.

- Lay down the left foot with toes pointing to the right, and sit on the left foot.
- Both hands should rest on lower thighs (near knees); fingers close together pointing towards Qiblah (not towards the ground).
- The Eyes should be fixed on the Lap.
- Sit long enough to pray *Rab-bighfirleey Warhamneey* (Tirmizi).
- After second Sajdah, when rising up to Qiyaam for the second rakaat, say Takbeer and **without** placing hands on the ground (unless of physical difficulty), stand back up **straight**.
- Place hand on knees (lower calf) for aid on standing up & going down into Sajdah.

### Method pertaining Qai'dah & Salaam.

- Both hands should rest on lower thighs (near knees); fingers close together pointing towards Qiblah (not towards the ground).
- In Tashahhud the kalimah finger (forefinger) should be raised while reciting Ashhadu-Alla-ilaha
- After Tashahhud, recite Durood Sharif and then dua (Dua should be something from the Quran or Hadith).
- When making Salaam, turn the face towards the right shoulder and then towards the left.
- During Salaam Eyes should stay fixed **on shoulders** only.
- The Imaam should make the intention of Salaam to the Muqtadis, Angels and pious (believing) Jinns on the right and then the left.
- The Muqtadis should make the intention of Salaam for the Imaam, Angels on both shoulders and pious Jinns as well as making intention for the Muqtadis on their right and left side respectively.
- The Munfarid (a person reading alone) should only make the intention of Salaam for the Angels.  
The Masbooq (a person who had joined the jamaa'at late) should wait for the Imaam to finish his 2<sup>nd</sup> Salaam (before getting up to perform the missed rakaats). The reason for this is that the Imam may perform Sajdah Sahwa.